

"I've created this Information Hub to help you get the correct and most current information regarding H1N1 (swine flu). □ You will find important resources regarding the flu and key tips to stay healthy."

-Congressman Harry Mitchell

Arizona

[From the Arizona Department of Health Services](#)

ADHS H1N1 Flu Main Page: <http://www.azdhs.gov/flu/h1n1/>

Arizona influenza surveillance has been ongoing and H1N1 Influenza Strain is expected to cause an increased number of illnesses during the upcoming fall influenza season. The Arizona Department of Health Services has initiated enhanced surveillance with county health departments, laboratories, and healthcare providers, given the current flu situation.

National

The most recent national numbers can be found at <http://www.cdc.gov/h1n1flu/>.

Worldwide

Worldwide there have been more than 340,000 laboratory confirmed cases of pandemic influenza H1N1 2009 and over 4100 deaths reported to World Health organization. WHO is actively monitoring the progress of the pandemic.

Additional updates can be found on the World Health Organization webpage at <http://www.who.int/csr/don/en/>

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If you are concerned about the flu-like symptoms you are experiencing, contact your healthcare provider. Hand-washing and practicing good respiratory etiquette are important and effective ways to control the spread of influenza.

Flu.gov

 [5 Things Parents Should Know About H1N1](#)

 [5 Things Employers Should Know About H1N1](#)

 [5 Things Schools Should Know About H1N1](#)

 [Preparing for the Flu: A Toolkit for Businesses and Employers](#)

 [Preparing for the Flu: A Toolkit for Small Businesses](#)

 [Preparing for the Flu: A Toolkit for Institutions of Higher Education](#)

 [Preparing for the Flu: A Toolkit for K-12 Schools](#)

 [Preparing for the Flu: A Toolkit for Child Care and Early Childhood Programs](#)

From the Centers for Disease Control and Prevention

CDC H1N1 Flu main page: <http://www.cdc.gov/h1n1flu/>

General Information: http://www.cdc.gov/h1n1flu/general_info.htm

Key Facts about H1N1 Influenza: http://www.cdc.gov/h1n1flu/key_facts.htm

Questions and Answers: <http://www.cdc.gov/flu/about/ga/preventing.htm>

Key Facts about H1N1 Influenza in Spanish: <http://espanol.cdc.gov/enes/h1n1flu/>

For Healthcare Providers: <http://www.cdc.gov/h1n1flu/clinicians/>

E-mail Updates: https://service.govdelivery.com/service/multi_subscribe.html?code=USCDC

CDC Podcast: <http://www2a.cdc.gov/podcasts/player.asp?f=11226>

Taking Care of a Sick Person in Your Home: http://www.cdc.gov/h1n1flu/guidance_homecare.htm

Preventing the Flu: Good Health Habits Can Help Stop Germs: <http://www.cdc.gov/flu/protect/habits.htm>

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

[From the World Health Organization](#)

WHO Swine Flu main page: <http://www.who.int/csr/disease/swineflu/en/index.html>

[U.S. Department of Health and Human Services](#)

HHS Declares Public Health Emergency for Swine Flu: <http://www.hhs.gov/news/press/2009press/04/20090426a.html>

[Department of Homeland Security](#)

Joint Press Briefing on Swine Influenza: http://www.dhs.gov/ynews/releases/pr_1240773850207.shtm

[Department of Agriculture](#)

USDA Outreach Efforts: http://www.usda.gov/wps/portal/?navid=USDA_H1N1

[Department of State](#)

Travel Alerts: http://travel.state.gov/travel/cis_pa_tw/pa/pa_3028.html

[Food and Drug Administration](#)

FDA H1N1 Information: <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm150305.htm>

[PandemicFlu.gov](#)

H1N2 Myths and Realities: <http://www.pandemicflu.gov/myths/index.html>

LOCAL NEWS:

Azfamily.com: [H1N1 Vaccine to arrive in Arizona today](#)

ABC 15 News: [Scottsdale hospitals taking precautions because of H1N1](#)

Phoenix Business Journal: [Federal guide helps companies with flu plans](#)

Arizona Republic: [Swine flu contagious longer than regular flu](#)

KPHO: [Swine Flu Case Confirmed in Arizona](#)

12 News: [Swine Flu: Facts and Safety Tips](#)

Officials: Arizona has enough antivirals for flu: <http://www.azcentral.com/news/articles/2009/05/01/20090501swine-ariz0501-ON.html>